



Courtesy photo
Spc. Kaitlyn Quinn, assigned to the Warrior Transition Battalion at Joint Base Lewis McCord, competes in the standing discus field event during the Pacific Regional Trials 2017 hosted by the Tripler Army Medical Center's WTB. The weeklong wounded warrior sports competition takes place Nov. 6-10 at Schofield Barracks where more than 80 wounded, ill and injured service members and veterans from across the Pacific region gathered to compete in eight adaptive sporting events and for a chance to progress to the 2018 Department of Defense Warrior Games.



Photo by Staff Sgt. Melissa Parrish, U.S. Army-Pacific
Spectators cheer on wounded warrior athletes competing at the Pacific Regional Trials 2017 swim events, Monday, at Richardson Pool, Schofield Barracks. Winners move on to the DOD Warrior Games.



Army Veteran Iouatana Ala competes in the shooting competition at the PRT 2017 at Schofield Barracks.

Shooting is one of the most popular events of the trials.

Courtesy photo

Pacific Regional Trials

See pp. B-1 & B-3

Joint services aid offloading, departure of Ocean Jazz

Story and photo by
DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

PEARL HARBOR — The 599th Transportation Brigade and partners discharged 25th Combat Aviation Bde. cargo and equipment from the M/V Ocean Jazz in support of Operation Pacific Pathways 17-2/3, here, from Oct. 29-31.

Transporters unloaded the cargo during 24-hour-a-day operations. The ship arrived at 9:33 p.m., and offload began at 11:30 p.m. on Oct. 29.

Sgt. Vincent Washington, 599th terminal operations noncommissioned officer, worked the night shift.

"I worked from 6 p.m. to 7:30 a.m. both Oct. 29 and 30. We helped the Navy Cargo Handling Battalion break the lashings the first night, and both nights we monitored the teams. Mr. (Davey) Flores showed me where the hook-ups were on all of the equipment, and how the hooks had to be emplaced on the equipment for lift, so we could monitor the movement."

Flores, 599th marine cargo specialist, also worked night shift.

"The Navy Cargo Handling battalions had two gangs, one at the superstructure where the vehicles were stowed, and one working with the containers on the aft part of the ship," Flores said. "They had two crane operators at night, so both cranes could offload simultaneously."

"The operation was slow, but with port operations, slow is best. Deliberate is good," he added.

Washington agreed.

"The operation was slow, but smooth," he said. "No injuries and no accidents; That was the most important part. They brought in extra lights from the crane and the pier, so we could see very well to work at night."

Partners for the discharge operation included the 836th Transportation Bn. and Guam Detachment terminal



Navy cargo handling battalion personnel grab tag lines to hold a Black Hawk helicopter as it is lowered to the pier from the M/V Ocean Jazz during discharge operations at Pearl Harbor on Oct. 31.

management team, 25th CAB, Fleet Logistics Center-Pearl Harbor, Navy Cargo Handling Bn. personnel, Military Sealift Command and the ship's crew.

"This is a great example of how these missions show a total force integration of active and reserve, as well as sister services supporting operational mission sets," said Casey Carr, 599th deputy to the commander.

Navy Lt. Andrew Brown was officer in charge of the Cargo Handling Battalion personnel.

"We have elements of both West and East Coast Cargo Handling battalions here," Brown said. NCBH-1 is active duty, while NCBH-5, NCBH-8, NCBH-10 and NCBH-14 are reserves. NCHB-10, from Yorktown, Virginia, is the lead battalion."

"This was a great operation," he added. "Members of the team got a lot of good experience in cargo handling."

Every one of these guys rogered up and took care of business. I rely heavily on the chiefs to help with operations. They are an invaluable source. They are the ones who drive the operation."

Warrant Officer 1 Khadijah Garner, 25th CAB mobility warrant officer, has been a transporter for 15 years. She became a warrant officer in May 2016 and graduated from her basic course at Fort Lee, Virginia, in November 2016.

"My first major move was when we uploaded the Ocean Jazz at the beginning of Pacific Pathways 17-2/3 in June," said Garner. "During that move, I learned that being successful starts with the pre-deployment activities. We want our cargo accepted when it gets to the port, and don't want any issues with dimensions, data, weight or paperwork. When we get to the port we want to be able to put it on the ship."

"Since June, we've had a lot of missions, and over the past few months, I've built up a relationship with the people in SDDC, here at FLC, and those at the planning conferences, so I know who to call when I need to. I've also learned what is expected of us as well as what we can expect from the people here who support us."

Christopher Hill, the captain of the Ocean Jazz, has been in the Merchant Marine for 20 years and a vessel master since 2007.

"The support we get from Military Sealift Command and Surface Deployment and Distribution Command is overwhelming," Hill said. "No matter where we are, or how small the port is, people go the extra mile to make sure we succeed. Plus, we get to do something to help Uncle Sam. We have a good feeling when we go to bed at night knowing that we're helping something bigger than ourselves."

David Carmody, MSC marine transportation specialist, made sure the Ocean Jazz had what it needed here.

"We provide MSC support for the ships," Carmody said. "I am a liaison between vessel operations, the port and the integral link between the ship and the cargo operation. For a ship like the Ocean Jazz, they can't use the supply system because it isn't a military ship, so I have to get clearance for their contractors to come on base or for a fuel supply barge to come alongside."

Flores said the overall operation was a success.

"The entire operation was a well-organized team effort with our joint brothers and sisters of the military," he said. We had the Navy's cargo handling battalions and the Army aviation brigade, our total Army workforce including military and civilians and Navy FLC.

The last piece was offloaded at 11:50 a.m., and the vessel departed at 3:30 p.m. on Oct. 31.

DOD's calculator course compares retirement options

TERRI MOON CRONK

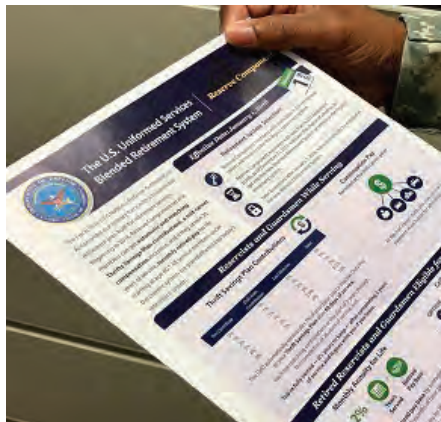
DOD News, Defense Media Activity

WASHINGTON — Service members eligible to opt into the Blended Retirement System in 2018 can now take a free course to learn to use the online comparison calculator to aid in determining whether the new BRS or the legacy retirement system is a better choice for their circumstances, Defense Department officials have said.

The calculator provides individual military retirement benefit estimates for service members who are eligible to opt into the new system in 2018, allowing them to compare options under both systems.

Service members using a common access card can access the course through Joint Knowledge Online, and a non-CAC version also is available for active duty members, officials said.

Fred Drummond, deputy assistant secretary of defense for force education



DOD photo

and training, said the comparison calculator is a valuable resource for service members and their families as they make decisions regarding their financial future.

"Additionally," he said, "we strongly encourage service members to seek out

Service members who are eligible to opt into the Blended Retirement System or choose to keep the legacy retirement system in 2018 now have a course to help them use the online comparison calculator in determining which system is best for their situation.

additional financial consultation with their own financial adviser, if they have one."

Course offered in two versions

The Comparison Calculator Course is available in two versions – one is for active duty service members, and the other is designed to meet the needs of the National Guard and reserve components. Both official DOD comparison calculators and the accompanying courses are the only calculator tools endorsed by DOD, officials said.

The Defense Department takes no position on which retirement system a ser-

vice member should select, officials said. Everyone is encouraged to use all the resources available in the decision-making process, including the completion of the BRS Opt-In Course, using the BRS comparison calculator, accessing the online BRS resource materials and scheduling time with a personal financial manager or counselor, they noted.

More Online

Service members can get free, personal support from an accredited personal financial manager or counselor through their installation's Military and Family Support Center by searching online at militaryinstallations.dod.mil/ or jointservicesupport.org/spn.

Additional resources are available at militarypay.defense.gov/BlendedRetirement/.



HAWAII

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PRESIDENT AND FIRST LADY IN HAWAII



Photos by Petty Officer 2nd Class James Mullen, U.S. Pacific Command

PEARL HARBOR — President Donald J. Trump and first lady Melania Trump offer flowers in honor of fallen service members at the USS Arizona Memorial, Nov. 3. The president was in Hawaii to receive a briefing from U.S. Pacific Command prior to traveling to Japan, the Republic of Korea, China, Vietnam and the Philippines from Nov. 3-14. Adm. Harry Harris, USPACOM commander, and his spouse observe.



PEARL HARBOR — The president and first lady present a wreath in honor of the fallen service members at the USS Arizona Memorial, Nov. 3.

During his trip to the Pacific region, the president will underscore his commitment to longstanding U.S. alliances and partnerships, and reaffirm U.S. leadership in promoting a free and open Indo-Asia-Pacific region.

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2nd Brigade Combat Team
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655-0738

3rd Brigade Combat Team
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655-9526

25th Combat Aviation Brigade
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655-5630

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94th Army Air & Missile Defense Command
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Police Call

Excessive noise, music violates policies

SGT. 1ST CLASS MIGUEL ESPINOZA
Law Enforcement Division
Directorate of Emergency Services
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Cruising down the street and what do you hear – the beat of the bass and the buzz of a muffler!

This month, the Directorate of Emergency Services, or DES, would like to highlight a growing noise nuisance throughout the community. Yes, it’s those excessively loud mufflers and music.

Unfortunately, some motorists do not understand how loud their music is, or that it is illegal for an exhaust to produce excessive or unusual noise – whether modified or defective.

In Hawaii, cutouts, bypasses and other equipment designed to amplify the sound of the engine or muffler is not permitted, and it is citable under the Hawaii Revised Statute (HRS). If you purchase an aftermarket

muffler or exhaust system, it cannot produce a sound level beyond those created by the original manufacturer parts. Violating this law could cost you between \$25 and \$250 dollars for each separate offense.

We would like to call on unit level leaders to speak with their Soldiers and educate them on this code to prevent them from losing money and to teach them to be good stewards within the community by not inadvertently creating a nuisance.

Another trend that has been noted is individuals playing radios or other audio equipment loudly. In accordance with U.S. Army Hawaii (USARHAW) Policy 1, music, vibrations or other audio equipment should not be heard more than 30 feet away, which is approximately three car lengths.

Drivers should also be aware that any profanity emanating from any vehicle sound system is prohibited from any distance from the vehicle. Violation of this policy could

result in a 1408 citation and an assessment of three traffic points.

Although this is not a monetary citation, an accumulation of 12 traffic points within 12 months, or 18 within 24 months, will result in a suspension of installation driving privileges for six months.

This policy is applicable to all Soldiers, civilians, family members, contractors and other personnel who work on, reside on, or visit any Army installation in the state of Hawaii.

Monthly Crime Trends

Crimes against persons in the form of domestics, with and without assault, were the trending crime with 18 incidents in October.

There are a number of resources through the Family Advocacy Program, at 655-4227, or Military OneSource, at 438-1781, to assist in preventing these occurrences.

E5 reduced to E1, discharged for assault

WHEELER ARMY AIRFIELD — On Oct. 19, at a general court-martial convened, here, Army Sgt. Aaron Whitman was convicted by a military judge, pursuant to his pleas, of one specification of attempted sexual assault of a child, five specifications of sexual assault of a child, three specifications of sexual abuse of a child, and one specification of possession of child pornography, in violation of Articles 80, 120b and 134 of the Uniform Code of Military Justice.

The military judge sentenced the accused to be reduced to the grade of E-1, to be con-

fined for 15 years, and to be discharged from the service with a dishonorable discharge. As part of an offer to plead guilty, a pretrial agreement limited confinement to 13 years.

Federal Convictions. In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application. A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and the right to vote.

Q:

Why does the Hawaii Army Weekly publish courts-martial findings?

A:

The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Voices of Ohana

Because Nov. 11 is Veterans Day, we wondered, What does the word ‘veteran’ mean to you?
By U.S. Army Garrison-Hawaii Public Affairs

“I think of selfless service, duty and honor. The Army Values.”

Jessica Crawford
Army spouse and veteran

“Someone who’s willing to pay the ultimate sacrifice for others – selflessness.”

Sgt. Kawika Fuga
Motor transport operator
HHBN, 25th ID

“Service. I think of service to country and giving of yourself to your country.”

Lorraine Horton
Army veteran

“Gratitude. I have a lot of veterans in my family, from my grandfather to my father-in-law, to my husband and son who will be veterans. I’m just so grateful to the many veterans in my family and in this country.”

Kimberly Lugo
Army spouse

“Selfless service. (Also) I have vets in my family, so I think of them.”

Sarah Monroe
Army spouse

Veterans Day ceremonies listed for Oahu

The following events are taking place on Oahu to honor veterans.

Saturday, Nov. 11

9 a.m. — Adm. Harry B. Harris, commander of U.S. Pacific Command, will deliver the keynote address at this year’s Veterans Day Ceremony at the National Memorial Cemetery of the Pacific, also known as Punchbowl. This annual ceremony honors veterans, as well as active duty and reserve service members and their families. Retired U.S. Navy Capt. John Woolston, a survivor of the sinking of the USS Indianapolis by the Japanese during World War II, will lead the Pledge of Allegiance. The Marine Corps band is scheduled to perform and there will be a flyover by two F-22s.

This event, hosted by the Oahu Veterans Center and the Veterans Affairs Pacific Islands Health Care System, is free and open to the public, but it is recommended that attendees arrive early because parking is limited.

The National Memorial Cemetery of the Pacific is located at 2177 Puowaina Drive. For more information visit facebook.com/oahuveteranscenter/events.

10 a.m. — The Wahiawa Lions Club 71st annual Veterans Day Parade starts at Kaala Elementary School and proceeds up California Avenue to North Cane Street. This year’s theme is “Value Our Veterans.”

Among those marching in the parade will be the Leilehua High School ROTC, Honolulu Mayor Kirk Caldwell, the Royal

Hawaiian Band and the 25th Infantry Division marching band. After the parade, there will be a ceremony at the Wahiawa Town Center, where Brig. Gen. Keith Tamashiro, outgoing commander of the Hawaii Army National Guard, will offer remarks honoring veterans. A World War II-era aircraft is scheduled to fly over the ceremony at 11:30 a.m. The parade and ceremony are free and open to the public. The Wahiawa Town Center is located at 823 California Ave.

1 p.m. — Hawaii Gov. David Ige, Honolulu Mayor Kirk Caldwell, military leaders and representatives from various veterans organizations will honor the nation’s veterans during the state’s annual ceremony at Hawaii State Veterans Cemetery in Kaneohe.

The theme of this year’s service is “Veterans: A Grateful Nation Honors You” and will highlight retired Army 1st Sgt. Domingo Los Banos and the Filipino veterans of World War II who recently received the Congressional Medal of Honor in Washington, D.C. This event is free and open to the public. The Hawaii State Veterans Cemetery is located at 45-349 Kamehameha Hwy. There will be free shuttle service between the parking area and the site of the service.

3 p.m. — American Veterans Hawaii is hosting a Veterans Day event at the Ka Makana Alii mall’s center court. The Kapolei ROTC will present the national colors, the Mililani High School choir will perform the national anthem and “Ha-

waii Pono’i,” and officials will present a wreath in honor of the nation’s veterans.

Service members, veterans and Hawaii State Rep. Will Espero will deliver keynote speeches. This event is in conjunction with a celebration of the 242nd birthday of the U.S. Marine Corps, and is free and open to the public.

Ka Makana Alii is located at 91-5431 Kapolei Pkwy. American Veterans Hawaii is a nonprofit, all-volunteers veterans service organization.

4:30 p.m. — Veterans Day ceremonies culminate at the Battleship Missouri Memorial on Ford Island. This ceremony honors those who have served our country with valor and heroism, and pays special tribute to brave women veterans of all generations.

The event is free and open to the public. Complimentary round-trip shuttle service is available from the Pearl Harbor Visitor Center beginning at 3:30 p.m.

The memorial is open daily from 8 a.m.-4 p.m. General admission, which includes choice of an optional tour, is \$27 per adult and \$13 per child (ages 4-12). Military, kama’aina (local resident) and school group pricing is available. For more details or reservations, call (toll-free) 1-877-644-4896 or visit

USSMissouri.org.

TBD — The American Veterans Center’s annual holiday television special, “American Valor: A Salute to Our Heroes,” will return to television. The show pays tribute to service men and women from World War II to the present day.

Noted celebrities will lend their voices to tell the stories of service and valor. The program provides Americans at home the opportunity to meet the ordinary citizens who, through willing sacrifice in trying times, became heroes and legends.

For more details, visit AVCHonors.com or review your local TV listings.

A participant in the 2010 Waianae Military Civilian Advisory Council’s Veterans Day Parade.



Photo by Amy Bugala, U.S. Army Garrison-Hawaii Public Affairs

Nation honors veterans’ service, sacrifice on Nov. 11

DENNIS C. DRAKE
Director, Public Affairs
U.S. Army Hawaii
U.S. Army Garrison Hawaii

Ninety-nine years ago this Saturday – Nov. 11, 1918, at 11 a.m. on the 11th day of the 11th month – the guns fell silent over the bloody battlefields of Europe after four years of slaughter, ending World War I.

On that day, an armistice was signed between the United States, the Allied powers, including Great Britain, France, Italy and others, and the defeated Central powers of Germany, Austria-Hungary, Bulgaria and Turkey.

Nov. 11 became known as Armistice Day, designated as a holiday in the U.S., signifying the end of the “War to End All Wars” – the greatest armed conflict the world had known.

More than 18.5 million military and



Drake



Courtesy of the U.S. Army Center of Military History

civilians, including 117,000 Americans, lost their lives during the bloodshed. Four and a half million Americans served in its armed forces as the U.S. became a world power.

World War I ushered in the modern era of warfare – machine guns, tanks, airplanes, long-range artillery, submarines, chemical warfare and other

deadly weapons.

Many U.S. units trace their lineage to the battlefields of France – the infantry patches of the Big Red One, the 2nd Infantry Division (ID), 3rd ID, 4th ID, I Corps, III Corps, 1st Army, 3rd Army and many others. In the years since World

Left — Christmas mail arrives for U.S. Soldiers in Bruvans, France, during World War I, circa 1917.

War I, many of the Army’s installations, organizations and infrastructure we still use originated in the 1917-1918 era.

In 1921, Arlington National Cemetery became the focal point of reverence for America’s veterans when an unknown World War I American Soldier was buried there.

As terrible as World War I was, however, the “War to End All Wars” was only a dream.

Just a scant 20 years later a rearmed Germany, now aligned with Italy and Japan, invaded Poland, Sept. 1, 1939,

See VETS A-6

962nd Quartermaster enhances Lightning Forge

CAPT. ETTA WHEELER AND
CAPT. RICH DIEGEL
196th Infantry Brigade

DILLINGHAM AIRFIELD — From Oct. 23-28, the 962nd Quartermaster (QM) Mortuary Affairs Company, under the 9th Mission Support Command (MSC), integrated unit operations with the 3rd Infantry Brigade Combat Team, 25th Infantry Division, during the Joint Pacific Multinational Readiness Capability (JPMRC) 18-01 Lightning Forge training exercise.

Although Lightning Forge has been conducted annually since 2014, this is the first time a U.S. Army Reserve component was successfully incorporated into the exercise to train side-by-side with active duty counterparts, using existing on-island resources to strengthen readiness and interdependency.

The 196th Inf. Bde. maintains an enduring partnership with 962nd QM to include participating in the planning and execution of unit training events and pre- and post-deployment mobilization operations.

As 196th Inf. Bde. “guarantees the training success of our partners,” the capacity to augment a primarily active duty exercise like Lightning Forge with



Photo by Sgt. 1st Class Shalota Williams, Support Battalion, 196th Infantry Brigade
Sgt. 1st Class Eric Penavargas (right) and Sgt. Dwayne Minor (far left) of the 962nd QM, 9th MSC, provide a capabilities briefing to the the 3rd IBCT S1 OIC and NCOIC.

components from the U.S. Army Reserve and Army National Guard units enhances readiness at multiple echelons while providing senior leaders an opportunity to witness firsthand the capacity of the JPMRC to train interdependently.

Furthermore, the experience gained by 962nd QM Soldiers in working with

their active duty counterparts during a training exercise of this magnitude will significantly assist in the unit’s preparation for an upcoming deployment to Kuwait in support of Operation Spartan Shield.

This training event was a series of firsts for the 962nd QM. The unit, while

headquartered out of Fort Shafter, has detachments located on the islands of Oahu, American Samoa and Guam, as well as another detachment based in Anchorage, Alaska.

1st Lt. Obie Woods (962nd QM) stated, “This is the first time all detachments have come to one central location and the entire unit has trained together.”

In addition to executing their annual training and pre-mobilization requirements, the 962nd QM deployed to Dillingham Air Field for 72 hours to establish a Mortuary Affairs Collection Point and conduct 24 hour operations in support of 3rd IBCT training objectives.

Overall, 962nd QM deployed six Mortuary Affairs Teams consisting of five Soldiers per team and three MIRCSC into the 3rd IBCT Brigade Support Area to provide simulated human remains processing for Soldiers who were assessed as killed in action or died of wounds throughout the exercise.

The 962nd QM maintained the capability to process up to 20 sets of human remains per day, established tentative identification and evacuated remains according to Army timeliness standards, all while maintaining dignity, reverence and respect.

Upcoming U.S.-China DME to take place in Oregon

MAJ. LINDSEY ELDER
8TH THEATER SUSTAINMENT
Command Public Affairs

FORT SHAFTER — The 8th Theater Sustainment Command will host the annual U.S. Army Pacific Disaster Management Exchange (DME) with the Chinese People’s Liberation Army Southern Theater Command in Portland and Camp Rilea, Oregon, from Nov. 13-19.

This is the 13th iteration of the event, but the first time it has been hosted in Oregon.

This year’s DME will use the Multinational Coordination Center (MNCC) combined response concept to assist a separate country devastated by floods.

The U.S.-China DME consists of three phases, namely, an Expert Academic Discussion, a Table Top Exchange and a Practical Field Exchange. This long-established exchange underscores the commitment of the U.S. and the PRC to

a strong military-to-military relationship to address security cooperation and humanitarian assistance/disaster relief challenges across the region.

The participants from both sides will include approximately 192 Soldiers and civilians for the event, including 96 from the People’s Liberation Army and 96 from the U.S. Army.

Participating organizations include Army Pacific, the 8th TSC, the Oregon National Guard, the United States Military Academy (USMA), the 351st Civil Affairs Command, the 13th Combat Sustainment Support Battalion (CSSB), the 571st Sapper Company, the U.S Coast Guard Sector Columbia River, the Center for Excellence in Disaster Management and Humanitarian Assistance, the U.S. Army Corps of Engineers Northwestern Division, the U.S. Army Corps of Engineers Portland District, the National Oceanic and Atmospheric Administration (NOAA), the Unit-



Photo by Sgt. Alvin Reeves, U.S. Army-Pacific Public Affairs
Soldiers from the 130th Eng. Bde., 8th TSC, and the Chinese PLA complete a rescue and recovery inspection simulation during the 2016 U.S.-China DME in Kunming, Yunnan Province, People’s Republic of China.

ed States Geological Survey (USGS) and the Pacific Disaster Center, an applied re-

search center managed by the University of Hawaii.

Vets: Service spans history

CONTINUED FROM A-3

plunging the world again into global war.

After six horrific years, World War II ended, but not before over 72 million had perished in the largest war in history, including 6 million men, women and children systematically killed in the Nazi gas chambers. This time, the U.S. mobilized more than 16 million in the armed forces, 418,000 of them dying in service.

Armistice Day continued to be celebrated on Nov. 11, but the Second World War’s VE Day, Victory in Europe, and VJ Day, Victory in Japan, overshadowed it. In 1954, Congress passed a bill proclaiming Nov. 11 as Veterans Day honoring all of America’s veterans from all conflicts.

When World War II ended in 1945,



peace was again short lived. The United States was thrust into a 40-year Cold War with the Soviet Union, erupting into very hot and prolonged conflicts in Korea in 1950 and Vietnam in 1961.

In 1958, two more unidentified American war dead were brought from overseas and interred in Arlington beside the unknown Soldier of World War I. One was killed in World War I, the other in the Korean War.

In 1984, an unknown service man from the Vietnam War was placed alongside the others, though later identified and exhumed for burial. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, the 3rd U.S. Infantry (The Old Guard), keeps day and night vigil at the Tomb of the Unknowns.

When the Soviet empire collapsed in 1991 and democracy spread throughout eastern Europe, it seemed for a short while that the dream of peace would finally ensue as after World War I. But armed warfare continued to involve the U.S. Army throughout the 1990s in Somalia, Haiti, Bosnia and elsewhere.



Courtesy of National Archives
Troops conduct bayonet practice at Camp Bowie in Fort Worth, Texas., ca. 1918.

Then, Sept. 11, 2001, changed everything for America. The war on terror has now lasted for the past 16 years.

Though World War I ended 99 years ago this Saturday, this past century has been a continuum of war – intricately linking today’s Army with the units, traditions, insignia, tactics, weapons and uniforms that have evolved over 99 years.

Think of the contrast between warfare over this period and the type of warfare fought 99 years prior to World War I. The modern era makes warfare from the War of 1812 to World War I seem like ancient history.

This Saturday, let us remember all our veterans of the past 99 years and before. Their service and sacrifice have given us the enduring freedoms of today. World War I Soldiers have now passed into history, and World War II veterans are quickly leaving our ranks.

Take a moment to thank a veteran. It’s a small gesture, but well worth the effort.



10 / Friday
City and County of Honolulu — Offices are closed Nov. 10 in observance of Veterans Day.

Emergency medical, fire, lifeguard, medical examiner and police services are available.

TheBus is operating on a state holiday schedule. For route and schedule information, visit thebus.org.

Refuse will be collected and transfer stations, convenience centers, H-POW-ER and the Waimanalo Gulch Sanitary Landfill are open.

Parks, municipal golf courses, botanical gardens and the Honolulu Zoo are open.

The Neal S. Blaisdell Center box office is closed. The People’s Open Markets will not be held. All Satellite City Halls and Driver Licensing Centers are closed.

The following traffic and parking regulations will be in effect:

- On-street parking is free, except for the meters on Kalakaua Avenue along

Queen Kapi’olani Park and metered parking lots.

- Traffic lanes will not be coned for contraflow.

15 / Wednesday
Holiday Card Lanes — The Annual Holiday Card Lane will be observed from Nov. 17-Jan. 5, 2018.

Holiday Cards will be displayed at Schofield Barracks and Fort Shafter.

All units, staff offices, agencies and organizations are invited to participate.

The deadline to register is Nov. 15. Contact POC is Aubrey Kiemnec, Special Events coordinator, at 655-0110.

18 / Saturday
Journey to Normal — Current and former women service members and caregivers are invited to breakfast and a movie on Saturday, Nov. 18, from 9 a.m.-1 p.m., at the Oahu Veterans Center at 1298 Kukila St., Honolulu.

The movie will highlight women of war coming home. RSVP to beyondbootshawaii@gmail.com. Call 433-0477.

17 / Friday
USARPAC COR — U.S. Army-Pacific Command Sgt. Maj. Bryant Lambert will relinquish responsibility to incoming Command Sgt. Maj. Benjamin Jones at 10 a.m. at Palm Circle, Fort Shafter. Arrive

by 9:30 a.m. to get parking and seating.

23 / Thursday
DFAC Thanksgiving — The meal will be served at operational dining facilities. **Costs follow:**
•\$9.05 for service members, DOD civilians, family

members.

- \$9.05 for guests and family members.

- \$6.80 for family members of E1 through E4.

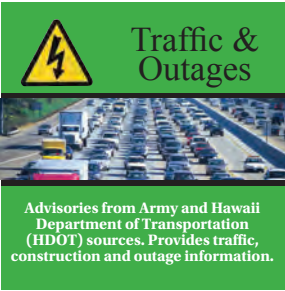
- Meal (DD714) and ID

card for cardholders.

Thanksgiving hours:
•6-7 a.m., continental breakfast.

- 11 a.m.-2 p.m., for the Thanksgiving meal.

- 4-5:30 p.m., dinner. The Sustainment Bistro DFAC (Bldg. 780, Schofield Barracks) is the designated dining facility open the weekend of Nov. 23-26.



(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

10 / Friday
Airport — A city contractor has begun a road-work and repaving project for various streets in the area of the airport.

Work will begin at Waiwai Loop (from Lagoon Drive to 2660 Waiwai Loop). However, a portion of Waiwai Loop has been removed from this repaving project due to ongoing utility work by the Honolulu Authority for Rapid Transportation, or HART.

Barring weather related delays, the work is expected to be completed within 90 calendar days.

Allowable work hours will be from 8:30 a.m.-3:30 p.m., Mondays-Fridays, except for paving work, which will be done during night time hours from 6 p.m.-5 a.m., Mondays-Fridays.

13 / Monday
Fort DeRussy — A partial road closure will occur along Kalia Road near the intersection with Maluhia Road to drill subsurface exploration borings. The right turn lanes approaching the intersection with Maluhia will be closed from 7 a.m.-4 p.m., Nov.

13-15.

Access to the Hale Koa Hotel and Maluhia Road will be provided during all hours of the operation. Night work will be performed between 10 p.m.-5 a.m.

A road closure will also occur on Kalia Road between the intersections with Paoa Place and Saratoga Road for ground penetration testing.

All lanes along this section of Kalia will be closed from 10 p.m.-5 a.m., Nov. 13-15.

Access to and from the Hale Koa Hotel and Maluhia Road will be provided for local traffic only and in the case of an emergency.

18 / Saturday
Wheeler Electrical Outage — The following will be affected by an electrical outage from 7-11 a.m.: Santos Dumont and Wright Avenue buildings 100,102,102A, 111A, 113, 114, 117, 117A, 118, 800, 825, 600, 679, 680, 817, 829, 832, 835, 840, 844.

The outage is required to perform preventive maintenance on electrical equipment.

December

16 / Saturday
Another Wheeler Electrical Outage — Wheeler’s Wiliwili Housing Area will experience an electrical outage from 7 a.m.-5 p.m.

The outage is required to Support a 25th Combat Aviation Brigade project and provide a back up feed for housing. Times and location are a best guestimate.

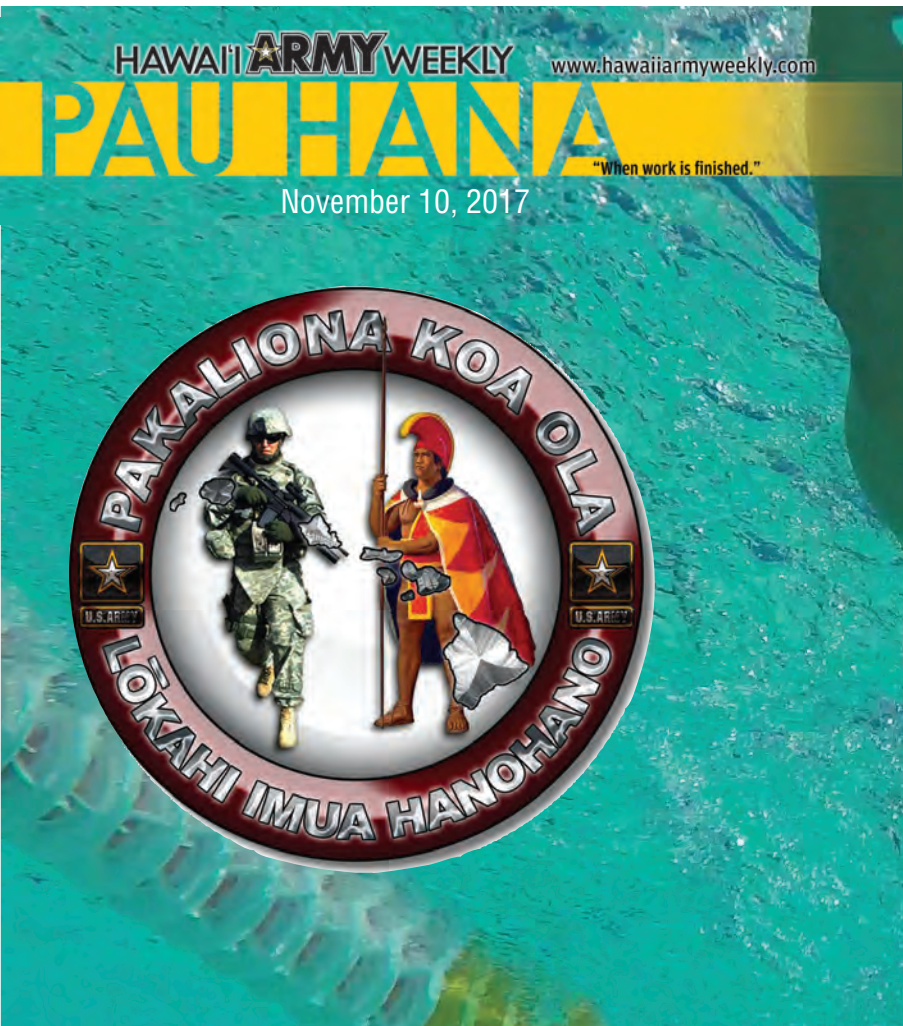


Photo by Jim Guzior, Tripler Army Medical Center Public Affairs
Sgt. 1st Class Wilson Naboa from TAMC-WTB competes in the PRT 2017 men's 50-yard freestyle swimming event at Richardson Pool on Schofield Barracks, Monday.

Schofield ceremony kicks off Pacific competition

STAFF SGT. MELISSA PARRISH
U.S. Army-Pacific

SCHOFIELD BARRACKS — More than 100 wounded warrior competitors and spectators from across the Pacific region gathered at Weyand Field, here, for the opening ceremonies of the Tripler Army Medical Center Warrior Transition Battalion (WTB) Pacific Regional Trials, Monday.

This is the first time that Hawaii has hosted trials for the Pacific region.

Organizers endorsed the trials in Hawaii as a way to boost competition and provide an opportunity to bring together the region's competitors.



Photo by Staff Sgt. Melissa Parrish, U.S. Army-Pacific Public Affairs
Competitors and spectators from across the Pacific region gather at Weyand Field, on Schofield Barracks, for the opening ceremonies of the TAMC-WTB PRT 2017, Monday.

Resilience

The guest speaker for the opening ceremony wished the competitors well and stressed the power of resilience.

"As a wounded warrior myself, I know how important confidence and competition is to recovery," said Maj. Ray O'Donnell, assistant professor of Military Science for the Army ROTC program at the University of Hawaii, who was the guest speaker for the opening ceremonies.

O'Donnell was wounded 10 years ago.

His left leg is paralyzed from the knee down, and he has four plates and 28 screws in his hip. He said the wounded warrior games gave him confidence and that confidence helped him in every avenue of his recovery.

"You are never going to be completely healed," O'Donnell said. "It is a journey. I live with pain and challenges every day,

but I have to keep things in perspective.

"We have to keep things in perspective, and we have to do that daily because we are human," he continued. "I know we all have bad days. We are human, but we have to find things to be grateful for. You have to remind yourself that it could always be worse."

O'Donnell ended his speech by wish-

ing the teams luck, and he had a final message to the competitors that will go on to compete in the games.

"Go Army, beat everybody!"

The opening ceremonies kicked off the weeklong competitions that will include archery, cycling, track, field, shooting, sitting volleyball, swimming and wheelchair basketball, which concludes today.

Versatile Warrior Games vet returns to lead Army team

CHRISTOPHER FIELDS
Warrior Care and Transition

SCHOFIELD BARRACKS — Retired U.S. Army Spc. Jay Vaina has returned this year in hopes of being afforded another opportunity to represent Team Army at the Department of Defense Warrior Games.

Vaina made his Warrior Games debut, last year, earning silver in shot put and sitting volleyball, and a gold in discus. He was also a key member of the gold medal winning wheelchair basketball team that beat Team Navy, 56-55.

With one DOD Warrior Games experience under his belt, Vaina doesn't want to miss out on another one.

"I've been working hard, training hard, for another chance to compete. I also want to come back and beat Navy," Vaina said, referring both to their loss to Navy in the sitting volleyball gold medal match and getting another win over them in wheelchair basketball.

Despite his quiet nature, Vaina is a fierce competitor and is aware, should he be named to Team Army again this year, he may need to take on more of a leadership role.

"Last year, I was able to sit back and just compete. This year, if I make it, I've got experience and I know what to expect, so I will be able to help others."

Vaina has been working and training hard since last summer. One thing he has learned from his experience since the 2016 DOD Warrior Games is that conditioning plays a big part in the competition.

"The schedule last year was crazy, and conditioning-wise, I wasn't ready and where I needed to be," Vaina said. "So coming into this year, I've been working on my conditioning, doing more cardio. I've been cycling a lot more with Operation Comfort, which has helped my conditioning. I'll be ready if I go to Colorado."

Armed with DOD Warrior Games experience and a burning desire to beat Navy, Vaina is definitely one to keep your eye on through the trials phase of the Team Army selection process. If all goes well for him, Vaina may once again be one of the 40 members of Team Army and compete at the 2018 DOD Warrior Games, June 2-9, in Colorado Springs, Colorado. And if he is, Navy isn't the only team that should be worried.



Photos by Jim Guzior, Tripler Army Medical Center Public Affairs
Sgt. Jonathan Nichols, assigned to the Tripler Army Medical Center-Warrior Transition Battalion speaks to an audience during the November Warrior Care Month kick-off event at the WTB, Schofield Barracks, Nov. 2.

Cancer-free survivor ready to return to duty

CHRISTOPHER FIELDS
Army Warrior Care and Transition

SCHOFIELD BARRACKS — Tripler Army Medical Center kicked off this year's Warrior Care Month activities with a special guest speaker, Sgt. Jonathan Nichols, who is participating in this week's Pacific Regional Trials.

He is competing in archery, shooting, field events and sitting volleyball, but that's not the reason he was speaking.

Nichols found himself assigned to the Warrior Transition Battalion, here, in June after completing his treatment for Hodgkin's Lymphoma. The diagnosis was received in December 2016 - nearly 18 months overdue and delivered two months after his youngest daughter, Vanessa, was born.

"I had a rash on my leg that just wouldn't go away, and I tried everything from creams to steroids," Nichols said.

Nichols continued on despite the stubborn rash and pain. He went on to

graduate from the Basic Leader Course, get promoted to sergeant and participate in a cavalry gunnery and Lightning Forge, the 25th Infantry Division's large-scale training exercise.

Then one day, his body broke down on him.

"I collapsed after passing the Army Physical Fitness Test. They sent me in for an X-ray, and a CAT scan showed I had a honeydew-sized tumor on my sternum."


One of Nichols's quotes he often uses is "I get paid not to quit."

True to his own words, he stayed strong for his oldest daughter, Emmalyn, and battled through the treatments with the help and support of the strongest person he knows, his wife Kaye.

Nichols has been cancer-free since May of this year. Last week, he was again given the "all clear" after his six month post-chemotherapy and radiation ap-



Photo by Staff Sgt. Melissa Parrish, U.S. Army-Pacific Public Affairs
U.S. Army veteran Jarred (Jay) Vaina competes in Pacific Regional Trials 2017 track events on Monday at Stoneman Field, Schofield Barracks.



Briefs

10 / Friday

Veterans Day — No school for Hawaii Public Schools. Call Army School Liaison Office at 655-8326.

Parenting 101

— Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

13 / Monday

Stress Solutions — Held from noon-1 p.m.; identifies the causes of stress as well as how it affects our lives. Share techniques such as positive self-talk, how to not take things personally and learn a variety of relaxation techniques. Call SB ACS at 655-4227.

15 / Wednesday

EFMP Turkey Trot — Outdoor activity held at SB Outdoor Recreation from 2-3 p.m. for individuals and families enrolled in EFMP. Activities include an obstacle course and battle balls. Call 655-4227.

Turkey Craft

— Learn to make a turkey from paper strips at FS Library at 3:30 p.m. Craft is free. Call 438-9521.

16 / Thursday

Your Credit Report and Score — Held at SB ACS from 10-11:30 a.m. Learn how to increase your credit score and understand what lenders look for. Copy of your credit report required. Call 655-4227.

17 / Friday

Using LinkedIn and Social Media — Net a job and build your network by using social media and develop your LinkedIn profile at SB ACS from 10-11 a.m. Call 655-4227.

It Takes Two

— Couples, enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.–1 p.m. Learn about expectations, problem solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

Green Card Workshop

— Learn how to navigate the complex immigration system to apply for a green card at SB Soldier & Family Assistance Center (SFAC) from 10 a.m.–noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

Citizenship Workshop

— Determine if you have met the permanent resident

TROT LIKE A TURKEY

TURKEY TROT

FUNDRAISER RUN



THURS

THANKSGIVING DAY
11/23

8AM

WHEELER ARMY AIRFIELD

UNIQUE OPPORTUNITY TO RUN THE RUNWAY!

EVENT BEGINS AT THE A/2-25 HANGAR
BLDG #206 -- 139 SANTOS DUMONT AVE

THIS FAMILY-FRIENDLY RUN/WALK WILL RAISE FUNDS
FOR THE GOLD-STAR FAMILIES OF BLACKJACK 556

WEAR YOUR BLACKJACK556 SHIRT OR PURCHASE/DONATE AT:
WWW.CUSTOMINK.COM/FUNDRAISING/BLACKJACK556
(Don't wait! Sale window closes soon!!)

WHEELER ARMY AIR FIELD — Begin your Thanksgiving holiday with this family fun run here, 8 a.m. This fundraiser supports the Gold Star families of Black Jack 556. Visit online and also register at www.customink.com/fundraising/blackjack556.

Courtesy photo

requirements of U.S. immigration law at SB SFAC from 1-2:30 p.m., and receive step-by-step instructions on the process of becoming a U.S. citizen. Call 655-4227.

EFMP Sensory Movie Night — Monthly movie night held at SB Sgt. Smith Theater at 7 p.m. for individuals and families enrolled in EFMP. Call 655-4227.

18 / Saturday
Hands Only CPR — Free classes offered to youth 10-14 at SB Sgt. Yano Library from 11 a.m.–2 p.m. Classes are approximately 40 minutes long and taught by certified Hands Only/Citizens’ CPR instructors. Call 655-9698.

Stand Up Paddle Boarding 101 — Cruise the Anahulu River on the North Shore of Oahu with SB Outdoor Recreation from 8:30 a.m.-12:30 p.m. for \$59 per person. Transportation (up to 12 people), equipment and instruction are included. Bring water, snacks and sunscreen. Call 655-0143.

New Parents Daddy Boot Camp — Class for first-time/expecting parents at SB ACS from 9 a.m.-12:30 p.m. Parents

can ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

20 / Monday
Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

21 / Tuesday
Toon Time Matinee — Join SB ACS from 10 a.m.-noon for a free movie, fun and social interaction. Event is for caregivers and their children 0-3. Call 655-4227.

EFMP SPEDucation Blitz — Behavior plans class held at SB Outdoor Recreation Center from 10-11:30 a.m. Class will review how to organize school records. Call 655-4227.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. SB ACS. Identify personal anger cues and ways to de-escalate conflict situations.

Stability Support — Critical Incidents Training identifies how FRGs can support Soldiers and families impacted by critical incidents. Attend at SB Nehelani from 9:15 a.m.-12:15 p.m. Call 655-4227.

23 / Thursday
Thanksgiving Day — No school for Hawaii public schools. Call the Army School Liaison Office at 655-8326.

24 / Friday
Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

25 / Saturday
Family Nite — Enjoy paint and take ceramics with SB Arts and Crafts support at 4:30 p.m. Preregistration is required. All supplies included. Children 12 and younger must be accompanied by an adult. Call 655-4202.

America Red Cross CPR/AED-First Aid Training — Available at SB Richardson Pool from 9 a.m.–4 p.m., \$75.


28 / Tuesday
Tree Lighting North — Families are invited to SB Generals Loop from 5:30-8:30 p.m. to kick-off the holiday season with the annual lighting of the tree. Festivities include pictures with Santa, Army Music Hawaii, cookies and cocoa. Call 655-0002.

Manga for Adults — Discussion group held at SB Sgt. Yano Library from 5-6 p.m. Call 655-8002.

30 / Thursday
Basic Investing & TSP — The best time to start investing is now. Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds and mutual funds at SB ACS from 10-11:30 a.m. Call 655-4227.

Tree Lighting South — Families are invited to FS Palm Circle from 5:30-8:30 p.m. for an evening with Santa, Army Music Hawaii, cookies and cocoa.

Coding with Color — Explore coding basics by creating with littleBits (color-coded, magnetic electronic building blocks) at SB Sgt. Yano Library from 3:30-4:30 p.m. Open to youth 10-17. Space is limited. Preregistration required. Call 655-8002.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

10 / Friday

Pacific Regional Trials — Concluding day of the weeklong Pacific Regional Trials Warrior Games. Competitions around Oahu military installations, including SB. Closing ceremonies scheduled for 3 p.m. at Knob Hill on Ford Island. PRT is hosted by the TAMC Warrior Transition Battalion on Schofield Barracks. For updates and information, follow TAMC Facebook at www.facebook.com/TriplerArmyMedicalCenter/ or Twitter at <https://twitter.com/tripleramc>.

Wet’n’Wild Water Park — Veterans Day, members will enjoy \$11.11 + tax admission (up to four discounted admissions per military personnel) with their military ID. November is also Military Appreciation Month at the park. Active, retired, reserve and veteran military and guests can enjoy half-off admission (\$25 + tax) throughout the month by showing their military ID.

11 / Saturday
Wahiawa Veterans Day Parade — Organized by the Lions Club, it begins, 10 a.m., at Kaala Elementary School and will feature 45 marching units, 17 vehicles and 5 bands.

Battleship Missouri — Veterans Day Sunset Ceremony begins at 4:30 p.m. honoring those who have served our country with valor and heroism, and pays special tribute to brave women veterans of all generations. Attendance is free and open to the public. Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m.

Pictures with Santa Paws — Hawaiian Humane Society hosts Nov. 11, 12, 18 and 19 from 10 a.m.-3 p.m. for pictures with Santa Paws. Pets, naughty or nice, can have their holiday photos taken with Santa and Mrs. Paws to benefit the Hawaiian Humane Society. The \$30 donation per sitting with a professional photographer includes access to digital copies of the photos. This year’s Pictures with Santa Paws event will also fea-

ture waived adoption fees and a holiday fair, so you can get some shopping done at the same time. Call 356-2247 or visit ckam@hawaiianhumane.org.

Hawaii vs. Fresno State Football — Mountain West Conference football kicks off at 6 p.m. at Aloha Stadium. Buy tickets at the stadium box office or online at hawaiiathletics.com.

15 / Wednesday
Farmers Market — Ka Makana Ali’i, located at 91-5431 Kapolei Pkwy., Kapolei, is hosting a weekly Farmers Market. The new market will now be held Wednesdays and feature live entertainment in center court and in the Macy’s wing.

18 / Saturday
Sea Life Park — Special “Getting Savvy with Shearwaters,” 10 a.m.-2 p.m., takes visitors through the Seabird Rehabilitation Center efforts with education programs, games and crafts. Up to three keiki admitted free with each paying adult park admission. Call 259-2500 or visit www.sealifeparkhawaii.com.


Ja Rule & Ashanti — Two shows, 7 and 10:30 p.m., scheduled at the Blaisdell Concert Hall. Ticket prices start at \$44. Visit ticketmaster.com.

25 / Saturday
Paws on the Path — Hawaiian Humane Society’s hiking club, Paws on the Path, meets the last Saturday of every month to explore Hawaii with pets and friends. Join the club at 8:30 a.m. as it hikes the Waimano Valley Loop. Visit <https://www.hawaiianhumane.org/waimano-valley-loop/> to learn more. Call 356-2222.

Toys for Tots — Benefit holiday concert, 7:30 p.m., at the Hawaii Theatre, 1130 Bethel St., features Henry Kapono, who joins the U.S. Marine Corps Forces, Pacific Band at the Hawaii Theatre for this holiday season charity event.

Kapolei Commons Snow Day — This annual event, 10 a.m.-1 p.m., draws more than 4,000 to the west side winter wonderland where many keiki experience snow for the first time. This free, family-friendly event offers photos with Santa and Wonder Woman, face painting, twirly balloons, arts & crafts, games, food booths and more.

24 / Friday
Waikiki Holiday Parade — Annual event is expected to have 4,000 marchers, 40 vehicles and 38 bands, at 7 p.m., from Hale Koa Hotel to Kapiolani Park. Visit www.musicfestivals.com.




Happy Death Day (PG-13)

Friday, Nov. 10, 7 p.m.


My Little Pony (PG)

Saturday, Nov. 11, 4 p.m.



Stronger (R)

Saturday, Nov. 11, 7 p.m.



Blade Runner 2049 (R)

Sunday, Nov. 12, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team CDC: Child Development Center CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care FMWR: Family and Morale, Welfare	and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SAC: School Age Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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PACIFIC REGIONAL TRIALS



PHOTOS BY STAFF SGT. MELISSA PARRISH, U.S. ARMY PACIFIC PUBLIC AFFAIRS



SCHOFIELD BARRACKS — Above, wounded warrior athletes from across the Pacific pose after competing in Paralympic-style swimming events during day one of Pacific Regional Trials 2017, Monday, at Richardson Pool, here.

Swimming events included the 50-yard freestyle, 100-yard freestyle, 50-yard backstroke and 50-yard breaststroke in both men’s and women’s categories.

Left — Staff Sgt. Brian McCord (left) and Staff Sgt. Russell Severin (right), both with TAMC-WTB cadre, encourage Master Sgt. Shaun Elton (center), from the WTB-Joint Base Lewis-McChord, to reach the finish line during the PRT 2017 swim events on Monday.

SURVIVOR: Back with WTB help

CONTINUED FROM B-1

pointment. With the cancer gone, Nichols is focusing on returning to duty.

“I’m at a point, right now, where all I’ve got to do is pass the APFT, and I can return to the fold,” Nichols said.

In order to get himself back to where he needs to be physically, Nichols has taken full advantage of the WTB’s adaptive reconditioning program. Activities like yoga, TRX training (a workout using your body weight and suspended straps) and leg mobility drills have helped him to regain his strength.

Nichols’s favorite activity is yoga, partly because of the physical benefits he’s seen, as a result, which help him



strengthen core muscles, to include his back, which he says was “very weak from being slumped on the couch for so long.” Nichols is now doing “almost normal” physical training or some form of cardio improvement three days a week.

Nichols credits Krystal Morris of the adaptive reconditioning program with

From left, Col. Andrew Barr, commander of TAMC; Kaye Nichols with daughter Vanessa Nichols; Sgt. Jonathan Nichols, guest speaker; and TAMC Command Sgt. Maj. Timothy Sloan attend the TAMC Warrior Care Month kickoff event, Nov. 2, at Schofield Barracks.

giving him guidance and a channel to improve himself.

“Krystal created a friendly and very supportive environment to get me back to being deployable and back to the cavalry and my Soldiers.”

For the last two years, the cavalry scout has gone through a rollercoaster of emotions, and he’s glad the ride is coming to an end. He’s finally getting back to where he was before his diagnosis.

“I didn’t choose to have cancer, who would? But I had it, and fortunately, I’m now cancer-free. Soon, I’ll be training and going out with my Soldiers again. I can’t wait.”

Intensive program for struggling PTSD veterans helps families, too

In my 24 years as a Navy wife, I have never lost sleep worrying that my husband had been injured in combat.

Due to the nature of his job, he was mostly shielded from danger, and thus, his service to his country did not come with a huge price tag.

We were lucky. Many of the 2.7 million post-9/11 veterans are not so fortunate.

Over 540,000 have been diagnosed with post-traumatic stress disorder, or PTSD, and another 260,000 have traumatic brain injuries, or TBI. However, these “invisible wounds of war” are often hidden from the veterans themselves, so it is believed that the figures on PTSD are actually much higher.

The fallout

The afflicted cannot cope with the resulting emotions, anxiety and depression. Relationships are ruined. Substances are abused. Warriors self-destruct. With a veteran suicide rate of 20 per day, the stark reality of the sacrifices paid by our service members is truly alarming.

I am embarrassed by our military families’ oblivion, when many are struggling. So, when my neighbor – who works for a Boston-based clinical treatment facility for veterans with PTSD and TBI – offered to show me his workplace, I jumped at the chance to get involved.



Home Base is a veteran and family care program founded in 2009 by the Boston Red Sox and Massachusetts General Hospital. It is one of four such facilities at academic medical centers – the others are Rush in Chicago, Emory in Atlanta, and UCLA in Los Angeles.

They offer both outpatient treatment, as well as inpatient Intensive Clinical Programs (ICPs) funded by Wounded Warrior Project. Home Base’s ICP involves two weeks of residential treatment at no cost to veterans. Ten injured warriors at a time enter ICP as a “cohort.” Since the pilot program in 2015, 27 cohorts have gone through ICP with promising results.

The cohorts attend individual and group therapies, exposure or cognitive processing therapies, wellness activities and coping skills training. They get one year’s worth of therapy in 14 days.

I visited on day 15, which was Gradua-

tion Day.

I was taken to a small, quiet space that had been neatly lined with folding chairs. A table held yellow flowers, challenge coins and graduation certificates.

From the back, I watched the cohort file into the front row. Clinicians, staff and a few of the veterans’ family members took the seats behind.

In ICP, veterans can invite one family member to attend the program for two days during the second week to receive coping skills training and attend group therapy. It’s an integral part of recovery, according to Home Base’s CEO, retired Brig. Gen. Jack Hammond.

“The family members have been injured by virtue of their own stress of having a loved one so far away, or by the service member coming home and disrupting the family ecosystem. In either case, you can’t just treat the veteran; you have to heal the entire ecosystem,” he said.

After heartfelt speeches from clinicians and staff, members of the cohort stood to speak to the group one final time.

A gruff warrior with a salt and pepper beard could only squeak out, “Thank you,” before being seized by emotion.

A woman veteran, who they referred to as their “den mother,” showed her appreciation for the simplicity of the process.

“Here, you wake up, you set your soul free, then you go to sleep. You get up the next day, and do it all over again,” she said.

A quiet veteran stood with his PTSD assistance dog and admitted that his treatment might be too late to save his marriage.

“But that’s okay. It’s reality, and now I have other people I can reach out to. I have friends. I’ll be okay.”

The joker of the group left everyone with this frank confession: “When I came here, I thought this was it. I had a gun to my head. But I’m leaving here with hope for my future. You literally saved my life.”

Hammond encouraged other warriors to consider treatment.

“I like to tell veterans, you are not alone. Every one of us has gone through these challenges, me included. The key is to get care, start the process. We can give you hope for a better life.”

(Molinari’s insights about military family life can be found at www.themeatandpotatoesoflife.com.)

Luther remembered 500 years later

CHAPLAIN (CAPT.)
JEREMY DAVIS
516th Signal Brigade

FORT SHAFTER — Five hundred years. It has been 500 years since Martin Luther began what is now known as the Protestant Reformation.

Oct. 31, 1517, Martin Luther nailed his 95 theses to the door of the Wittenberg Castle Church.

Millions of people around the globe have celebrated and commemorated this pivotal event in history. But what does this mean today? What does this mean for you? Even if you are not Lutheran, even if you are not Christian, I believe this turning point in world history affects your everyday life.

After Martin Luther nailed that document to the door, his life changed and became very dangerous. His convictions, beliefs, even his very life was threatened, but he never wavered. Then in April 1521, Luther was forced to recant his radical, reformed stance upon Scripture and the Church.

Instead, he stated, “Here I stand. I can do no other, so help me God. Amen.”

He stood upon his convictions. He could do no other.

What do you believe?

You may say nothing because you do not go to church, have never gone to church and do not ever want to go to church. However, I would still say you have a spiritual dimension that convicts you, shapes you and forms you.

“Spiritual Fitness: The development of the personal qualities needed to



Davis

20150414).

What are these for you? As stated, when stress and hardship strike, you need something to sustain you. What convicts you to be you? Martin Luther showed all of us how to be consistent in those convictions.

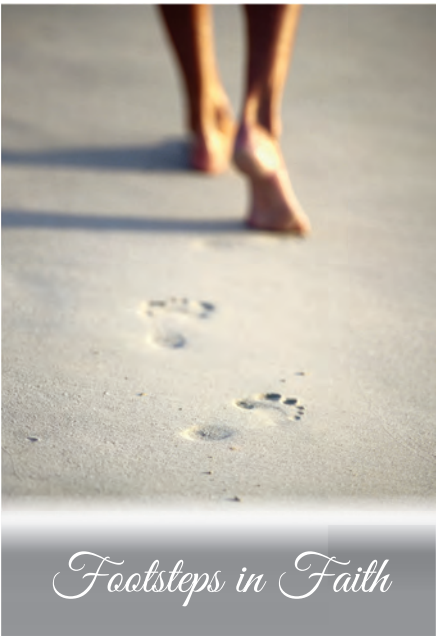
Defining religion

The Army has another definition that further unpacks a very important area of conviction.

“Religion: A personal set or institutionalized system of attitudes, moral or ethical beliefs, and practices held with the strength of traditional views, characterized by ardor and faith, and generally evidenced through specific observances” (AR 600-20, Army Command Policy, 20141106).

The most difficult time I see Soldiers and families having in life is when their circumstances are not supported by a consistent conviction. Although not impossible, it is difficult for a person to begin standing upon a new conviction in times of hardship and stress. It is difficult for a person to find refuge in a new set

sustain a person in times of stress, hardship and tragedy. These qualities come from religion, philosophical or human values, and form the basis for character, disposition, decision making and integrity” (AR 600-63, Army Health Promotion,



of beliefs or attitudes when the waves of adversity are barrowing down upon them.

Beliefs as foundation

What do you believe? As the world celebrates 500 years of reformation started by the spiritual fitness and religious strength of one man, we must reflect on where we fall into this reformation. This reformation now takes place within ourselves, so that when the world threatens our convictions, our beliefs, our very lives, we have a solid foundation upon which to stand.

Be courageous. Be faithful. Be consistent.

Exchange shoppers can win holiday shopping spree

ARMY & AIR FORCE
EXCHANGE SERVICE
News Release

DALLAS — The Army & Air Force Exchange Service is offering military shoppers the chance to win an Exchange shopping spree this holiday season.

Through Nov. 30, authorized Exchange shoppers can enter the PODS Sweepstakes at ShopMyExchange.com/ sweepstakes. One grand-prize winner will receive a \$1,500 Exchange gift card. Four runners-up will each win one \$250 Exchange gift card.



“Having a \$1,500 Exchange gift card will no doubt help our lucky winner check a few items off his or her holiday

wish list,” said Air Force Chief Master Sgt. Luis Reyes, Exchange senior enlisted adviser. “Enter today for a chance to win a holiday surprise you won’t forget.”

Shoppers age 18 and older may enter the PODS Sweepstakes. No purchase is necessary to enter or win. Winners will be notified no later than Dec. 7.

AAFES Online
Visit ShopMyExchange.
com/sweepstakes.



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC
 - 11 a.m. at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC (Contemporary)
 - 9 a.m. at FD
 - 9 a.m. at TAMC
 - 10 a.m. at HMR (Contemporary)
 - 10:30 a.m. at AMR (Contemporary)
 - 11 a.m. at WAAF (Contemporary)